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Duo using novel approach to open second bookstore

Ottawa entrepreneurs sell used books in store and online PAGE 4

As American as borscht

There's a new spy in town in The Americans. Use Metro's AR to see photos from this season PAGE 11

Pit bull mauls baby

'I thought I was going to throw up'. Police seize dog, neighbours aghast

JOE LOFARO
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Ottawa police are investigating after paramedics say a one-year-old girl suffered "severe lacerations" to her face in a pit bull terrier attack.

Paramedics say the incident happened just after 9 a.m. in the 90 block of Draffin Court, near the intersection of Baseline Road and Centrepointe Drive. They say the baby was rushed to hospital in serious, but stable condition.

Vicky Gibson lives across the street from the home where the baby was bitten. She said 14-month-old Cali had her nose "fully open" after the attack.

"I had to leave because I thought I was going to throw up," said Gibson.

Beatrice Mushanga, another neighbour, said the dog's name is Boss and is about five years old. After the incident, Mushanga said the baby's mom came out of the house in tears. Police said the attack happened while the family was playing with the dog.

"I saw lots of gushing blood on the baby, on the dog, and some on the mom," said Mushanga.

As several young kids played on the street in front of Cali's home on Sunday afternoon, Gibson received a call that she said was from the baby's mom at the hospital. She said she was told Cali is on pain medication and waiting for a plastic surgeon.

Minutes after that phone call, a neighbour walked her brown pit bull in front of the baby's home on Draffin Court, which startled Gibson. Gibson asked the woman to muzzle the dog.

"After what I saw today, she can muzzle her," said Gibson. "I absolutely hate pit bulls. They're amazing dogs, but they make me nervous."

SPRING OF THE ROAD

Service Sgt. Mark Gatien, of the Ottawa Police Service's traffic enforcement and escort unit, demonstrates a series of difficult low-speed tight-turn manoeuvres at Marion Dewar Plaza during a motorcycle safety event organized by the Society of Ottawa Area Riders (SOAR). With good riding weather upon us, SOAR is asking area car drivers to keep an eye out for their two-wheeled cousins. SEAN MCKIBBON/METRO

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MS Walk

$240,000 raised for research

More than 1,200 people, including 151 teams, many in costume, took part in the 23rd annual Mandarin MS Walk in Ottawa Sunday, raising more than $240,000 in support of multiple sclerosis research, programs and services. The MS Walk is the Multiple Sclerosis Society of Canada's largest fundraising activity. METRO

Mandarin MS Walk participants at the start line. CONTRIBUTED

Amway championship

Fury celebrate first win

The Ottawa Fury FC marked the club's first-ever win Saturday after defeating the Carolina RailHawks 4-0 at a home game in the Amway Canadian Championship.

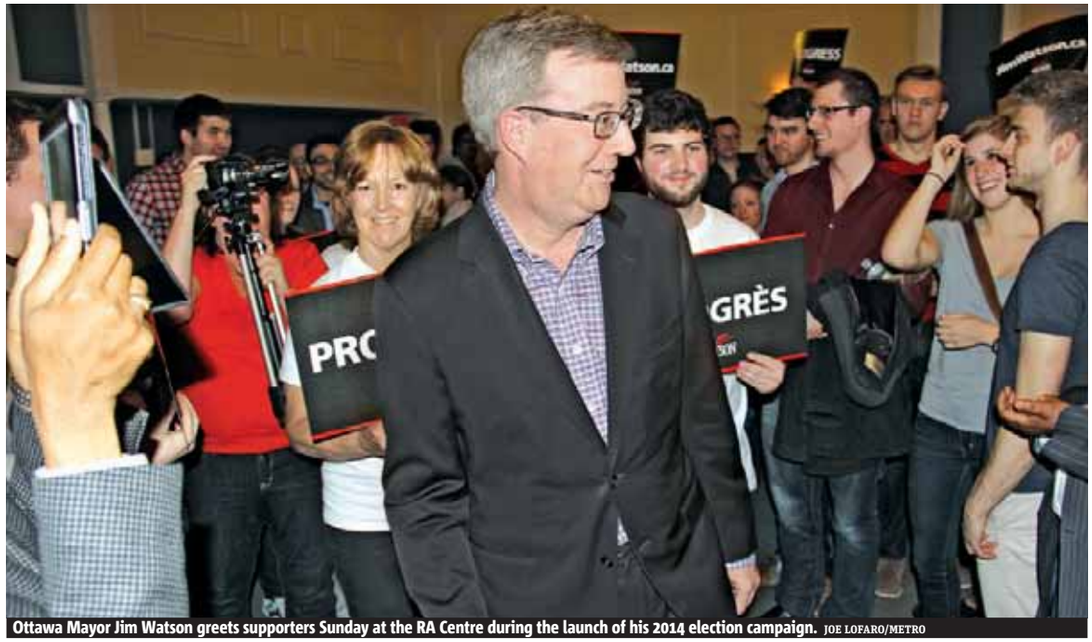
A hat trick by Brazilian winger, Oliver, helped the team make Fury history. The Fury will compete against FC Edmonton on Wednesday. METRO

Missing man

Body identified as John Davies

Police confirmed a body recovered from the Rideau River Thursday was that of John Davies, 66, a retired photographer who was last seen April 3.

Police say foul play is not suspected. METRO



Ottawa Mayor Jim Watson greets supporters Sunday at the RA Centre during the launch of his 2014 election campaign. JOE LOFARO/METRO

Watson officially launches campaign

Municipal election. Mayor tells supporters at campaign kickoff he has 'kept' promises made four years ago

JOE LOFARO
joe.lofaro@metronews.ca

Mayor Jim Watson received a rock star's welcome from a boisterous crowd at the RA Centre Sunday as he officially launched his campaign heading into this year's municipal election.

After loud pop music stopped playing during his frenzied, high-five-filled entrance, Watson broke down his track record of seven key promises he made in his election campaign four years ago. His promises included getting light rail started, adding $14 million to the budget for affordable housing, and freezing recreational fees for four years.

After listing each accomplishment, he had the crowd of about 250 people, including several youth, shout, "Promise made, promise kept."

And he's banking on those promises to get re-elected in six months' time in a competition that is so far virtually non-existent.

To date, only one candidate, Mike Maguire, has entered the race to replace Watson. The mayor said Sunday he doesn't know much about Maguire, only that he ran against him in 2010.

"I don't think the competition will drive my platform. I'm going to drive it myself based on what I believe is achievable," said Watson. "I think one of the things you know about me is that I try to, if anything, under-promise and over-deliver. I think that's a much more sensible strategy than making a whole series of promises that are never going to see the light of day."

While he hasn't yet nailed down a platform on which to run, he said one of the key issues he will campaign on is job growth following layoffs in the federal public service. "When you lose 14,000 jobs, you've got to make up those (jobs) so the economy doesn't suffer as a whole," said Watson.

The municipal election will be held on Oct. 27.

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Local entrepreneurs survive the bookstore apocalypse

Black Squirrel Books. Second-hand store to open supplemental Ottawa location, where they expect to serve booze, coffee

CULLEN BIRD
ottawa@metronews.ca

Two young entrepreneurs are reversing a recent trend in Ottawa bookstores. Instead of folding their operations, the owners of Black Squirrel Books are expanding.

Steve Yong, 27, and Vaughn MacDonald, also 27, have opened a spacious outlet near Bank Street and Sunnyside Avenue to supplement their original store at Bank Street and Arlington Avenue.

Still undergoing renovations, the new store, which will also be called Black Squirrel, opened with a soft launch April 17. It will eventually feature a licensed bar and café, MacDonald said.

Yong and MacDonald have known each other for years. The two graduated from the same Ottawa high school and shared the same love of books. MacDonald had been dabbling in online bookselling for a number of years, and while at Carleton University realized it was a viable business for him.

The two dropped out of Carleton University in 2011 to set up their first bookstore, Bibliocracy, on Bronson and Somerset, in the same building that now houses the board game café Monopolatte.

A year later they moved to a new location near Bank and Arlington and became Black Squirrel Books. By late 2013, they were running out of space for their stock, much of which they could easily sell, Yong said. It was this that prompted them to look at the option of opening a second outlet.

MacDonald credits their success to their hybrid approach of selling used books in store and online, and a service model that allows people to trade in books for other books or cash.

Because they're not selling new books, they aren't competing with giants like Amazon and are less reliant on publishers for the range of their collection.

By using their savings and doing as much of the remodelling themselves as they can, the two owners have avoided taking on any debt. They're confident there will be a demand for their services in the new location.

"We've lost so many objectively fantastic, important bookstores in Ottawa in the past couple of years," Yong said. "I think Ottawa's underserved right now."

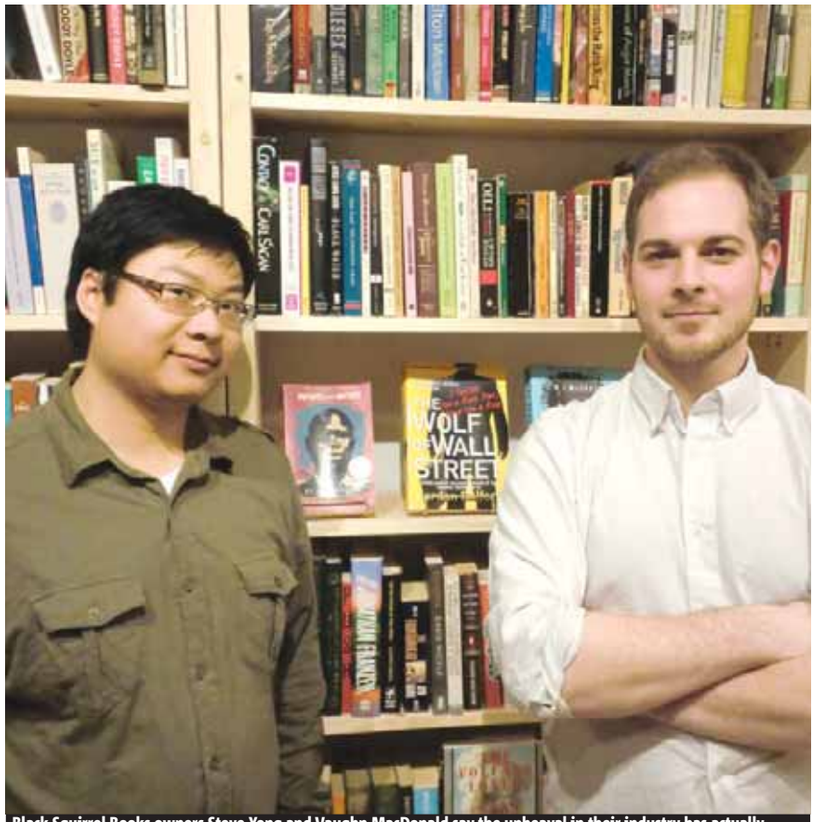
And with the decrease of competition in the form of conventional bookstores, "there's actually more room in the market than there was 15 to 20 years ago," MacDonald said.

The location is well-situated to receive traffic from the neighbourhood and Carleton University. The owners hope to become a community hub for bands, poetry readings and book launches.

The protagonists

"We've lost so many objectively fantastic, important bookstores in Ottawa in the past couple of years ... I think Ottawa's underserved right now."

Steve Yong, co-owner of Black Squirrel Books, on the fate of many local bookstores.



Black Squirrel Books owners Steve Yong and Vaughn MacDonald say the upheaval in their industry has actually created space for them to compete. CULLEN BIRD/FOR METRO

Bikers want safety for the whole gang

Sun gleamed off a line of chrome fenders as dozens of parked bikes belonging to motorcycle enthusiasts ringed Marion Dewar Plaza Sunday.

Leather jackets, patches, chaps, ball caps, shades and bandanas — bikers were decked out in all the rebel accoutrements, but far from being rule breakers, those at the third annual "Keep an Eye out For Motorcycles" campaign launch were all about respect, having fun with friends and family, and keeping safe.

"It was a way for my daughter and I to spend some time together," laughed Don Hutchinson, as he recalled how he was introduced to motorcycles six years ago with a phone call from his own mother asking if he'd co-sign a loan to his daughter, Grace, for the purchase of a bike.

His daughter had been aiming for a bit more independence as she went for her driver's licence. His initial reaction was negative, but Hutchinson soon warmed to the appeal of the open road. They ended up learning from the same motorcycle instructor, Lucie Laflamme.

"We don't have any bumpers. Our knees are our bumpers," Hutchinson said, underscoring the vulnerable position motorcyclists are in and the reason the Society of Area Riders asked deputy mayor Steve Desroches to proclaim April Motorcycle Awareness month.

"You can be 100 per cent in the right, the car can be 100 per cent in the wrong, and you can still end up hurt," said Laflamme of how careful bikers need to be. She said it's led her to be a better and more defensive driver both on a bike and in a car.

"At this time of year, the roads haven't been completely swept, so there's some gravel issues, but also there's riders who may be a little rusty and brand new riders who are learning for the first time ever," said Sgt. Mark Gatien of the Ottawa Police traffic enforcement and escort unit.

"So we're just asking everyone to show each other courtesy and watch out for each other."

SEAN MCKIBBON/METRO

Keep an eye out

"At this time of year, the roads haven't been completely swept, so there's some gravel issues, but also there's riders who may be a little rusty and brand new riders who are learning for the first time ever."

Sgt. Mark Gatien of the Ottawa Police traffic enforcement and escort unit

Motorcycle enthusiasts Grace Hutchinson and her father Don pose for a photo at Marion Dewar Plaza during a motorcycle safety event Sunday. SEAN MCKIBBON/METRO

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Teen's arm severed cleaning a pasta machine

A teenage employee at an Italian restaurant in northern New York has severed his arm while cleaning a pasta machine.

A spokeswoman for Massachusetts General Hospital said that 17-year-old Brett Bouchard was listed in serious condition Sunday morning. He was flown there after the accident Thursday night at Violi's Restaurant in Massena on the Canadian border.

Manager Mia Violi said that Bouchard was cleaning the pasta machine when his right arm was severed.

THE ASSOCIATED PRESS

Montreal mayor

Hours booze is served doth make a metropolis 'fun'?

Montreal's mayor is putting his city's renowned nightlife to the test — and taking a shot at rival Toronto in the process.

Denis Coderre says he will allow bars on two downtown streets this summer to serve alcohol until 5:30 a.m., two-and-a-half hours later than liquor laws currently allow.

Busy stretches of Crescent and Saint-Denis will be part of the trial. It will run from June 12 to July 5, during weekends. Coderre used Friday's announcement to lob a jab at Toronto, saying a metropolis "should be fun." THE CANADIAN PRESS

National Defence

DND examines reports on improved 24-7 search-and-rescue

National Defence is once again taking a look at establishing an around-the-clock 30-minute response time for Canada's search-and-rescue squadrons, an idea the air force has long dismissed as too costly and manpower-intensive.

The Harper government has been under pressure to address the issue since last year's critique by the auditor general and the high-profile death of a young boy in Labrador. Two research reports, which crunched the numbers, were delivered to senior command.

THE CANADIAN PRESS

S. Korea's PM resigns, takes 'all responsibility'

Ferry sinking. 'I hope these deep-rooted evils get corrected this time and this ... never happens again,' said Chung Hong-won

South Korea's prime minister resigned Sunday over the government's handling of a ferry sinking that has left more than 300 people dead or missing and led to widespread shame, fury and finger-pointing, blaming "deep-rooted evils" in society for the tragedy.

South Korean power is concentrated in the president, so Chung Hong-won's resignation appears to be symbolic. Presidential spokesman Min Kyung-wook said President Park Geun-hye would accept the resignation, but did not say when Chung would leave office. Chung's resignation comes amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing were high school students.

Officials have taken into custody all 15 people navigating the Sewol.

A prosecutor revealed that investigators were looking into communications made as the ship sank between a crew member and the company that owns the ferry.

Chung was heckled by victims' relatives and the PM's car was blocked when he visited a shelter on an island near the site of the sinking a week ago.

On Sunday, he gave his reason for resigning. "As I saw grieving families suffering with the pain of losing their loved ones and the sadness and resentment of the public, I thought I should take all responsibility as prime minister."

THE ASSOCIATED PRESS

Relatives of sunken ferry passengers watch as Prime Minister Chung Hong-won resigns. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Paris. Two cops under review in tourist rape

France's interior minister says prosecutors have opened a preliminary investigation of two Paris policemen in connection with the suspected rape of a Canadian tourist inside police headquarters.

A statement Sunday said both officers, as yet unnamed, as well as a third who wasn't charged but is named as a witness, have been placed on suspension pending the outcome.

Prosecutors are investigating an accusation of gang rape made by the Canadian tourist. French media reports say the woman met the off-duty police officers in a nearby bar. The police headquarters, on an island in the Seine River, is home to Paris judicial police and is often evoked in France by its address, 36 Quai des Orfevres.

Reports say the woman allegedly left the headquarters distraught and told an officer that she had been raped. She has undergone a medical with DNA samples taken.

THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Two important Catholic popes sainted on Sunday

Tens of thousands filled St. Peter's Square Sunday for the canonization of two modern pontiffs. MASSIMO SESTINI, ITALIAN POLICE, HO/THE ASSOCIATED PRESS

Two 20th-century popes who changed the course of the Catholic Church became saints Sunday as Pope Francis honoured John XXIII and John Paul II in a delicate balancing act aimed at bringing together the conservative and progressive wings of the church.

As if to drive the message of unity home, Francis invited retired Pope Benedict XVI to join him on the altar of St. Peter's Square, the first time a reigning and retired pope have celebrated Mass together in public in the history of the church. The day became a historic day of four popes

An estimated 800,000 people — many of them from John Paul's native Poland — filled St. Peter's, the streets around it and bridges over the Tiber River, a huge turnout but only half the size of the crowd that came out for John Paul's 2011 beatification.

John reigned from 1958-1963 and is a hero to liberal Catholics for having convened the Second Vatican Council. The meetings brought the church into the modern era by allowing Mass to be celebrated in local languages rather than Latin and encouraged greater dialogue with people of other faiths, particularly Jews.

During his globe-trotting, quarter-century papacy, John Paul II helped topple communism and invigorated a new generation of Catholics, while he defended core church teaching on abortion, marriage and other hot-button issues. THE ASSOCIATED PRESS

Day of four popes

Pope Francis offered each new saint heartfelt praise in his homily, saying Saint John had allowed himself to be led by God to call the council, and hailing Saint John Paul's focus on the family.

- Pope Benedict put John Paul on the fast-track for sainthood weeks after his 2005 death.

See that symbol? It means you can scan the image below with your Metro News App to see photos of South Africa's 20 years of democracy celebrations

Held by pro-Russian forces. Military observers speak under armed guard

Eight European military observers held prisoner by pro-Russia forces in eastern Ukraine were marched out under armed guard on Sunday to give public assurances that they weren't being mistreated.

Germany's foreign minister condemned the appearance as "revolting" and a violation of the men's dignity. Four members of the team are German.

One of the observers, a Swedish officer, was released later in the day for medical reasons.

The insurgents in Slovyansk have taken a number of people hostage, including journalists and pro-Ukraine activists, as they strengthen their control in the east of the country in defiance of the interim government in Kyiv and its Western supporters.

On Sunday, they captured three Ukrainian security service officers, who were shown to Russian journalists bloodied and blindfolded with packing tape. THE ASSOCIATED PRESS

Masked pro-Russian activists guard the entrance during their mass storming of a regional Television Centre in Donetsk, Ukraine, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Flight to Bali. Indonesia releases Australian man accused of hijack scare

Indonesia on Sunday released an Australian man who caused a hijack scare on a flight to Bali by trying to break into the cockpit.

Indonesian authorities say the drunken man pounded on the cockpit door during Friday's Virgin Australia flight, forcing the pilot to issue an alert code to air traffic control. Bali's airport was closed for nearly two hours because of the incident, forcing several flights to be diverted.

The cabin crew managed to restrain the man and put him in a rear seat for the remaining hour of the flight, and Indonesian troops later took him into custody.

The man was released late Sunday and was to leave Bali on his own initiative, Bali police special crimes chief Col. Suryambodo Asmoro told reporters.

"Under Indonesia's law, he couldn't be charged in Indonesia because what he did was on a plane registered in Australia," Asmoro said, adding that it would be up to Australian authorities to decide whether to charge the man. THE ASSOCIATED PRESS

Performers attend 20-year democracy anniversary celebrations at the government's Union Building in Pretoria, South Africa, Sunday. President Jacob Zuma released balloons and aircraft performed a flyover to mark the fall of the apartheid era, when all races went to the polls to cast their votes in historic 1994 elections. THE ASSOCIATED PRESS

South Africans celebrate 20 years since apartheid

The anniversary.
It precedes elections on May 7

South Africans on Sunday celebrated 20 years of democracy with song, prayer and praise for those who guided their country into a more peaceful, tolerant era, although some noted that economic inequality and other problems have undermined the nation's promise since the first all-race elections ended white rule on April 27, 1994.

The focus of the Freedom Day commemorations was in Pretoria at the Union Buildings, the century-old government offices where President Jacob Zuma and dignitaries, including foreign diplomats, gathered to reflect on the long struggle against apartheid and ensuing efforts to build a better country.

The anniversary precedes elections on May 7 that are likely to see the ruling African National Congress return to power with a smaller majority, reflecting discontent with the movement that opposed white domination before its candidate, Nelson Mandela, became South Africa's first black president.

In a speech, Zuma said South Africa had a good story to tell, referring to its stable electoral system, its commitment to human rights as well as advancements in health care. Close to 3 million houses have been built since 1994, women play a far more prominent role in public life, and crime has declined, even it remains an issue of "serious concern," he said. THE ASSOCIATED PRESS

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Survivors recount tales and trauma

Annual Holocaust remembrance. Today, Israel will stand still to honour the six million victims of the Nazi genocide

In an annual ritual, Israel will come to a standstill Monday morning for the country's official Holocaust remembrance day. Air raid sirens will wail across the country as pedestrians stop in their tracks and drivers exit their vehicles and bow their heads to honour the six million victims of the Nazi genocide of the Second World War that wiped out a third of world Jewry.

For Israelis of all walks of life, the two-minute tribute offers a moment to remember the victims and focus on an image that dreaded period represents to them. For Israel's dwindling population of elderly Holocaust survivors, however, the painful memories linger year-round.

To capture the experience in a snapshot would be impossible. Still, The Associated Press asked a group of Holocaust survivors to share their strongest singular memory.

Asher Aud (Sieradski), 86 (Poland): Married, three children and 10 grandchildren. Retired from Israel Military Industries, a state-owned weapons manufacturer.

Asher Aud THE ASSOCIATED PRESS

Asher Aud's odyssey reads like a history of the Holocaust's horrors.

Over six years, he was separated from his parents and siblings in his native Polish town of Zdunska Wola, then scavenged for scraps of bread, and staved off a debilitating illness alone in the Lodz ghetto before he was taken to the Auschwitz death camp.

Of all the atrocities he endured, Aud said parting from his mother at the age of 14 was the most traumatic.

In September 1942, the Nazis rounded up the Jewish community inside the local cemetery and were preparing to deport them.

"The Germans walked among us and anytime they saw a mother with a child, they tore the child from her arms and threw them into the back of trucks.

"I looked around and I just said 'Mother, this is where we are going to be separated,'" he said.

Shmuel Bogler, 84 (Hungary): Married, two children, five grandchildren. Retired police officer.

Shmuel Bogler THE ASSOCIATED PRESS

Shmuel Bogler never had the opportunity to say goodbye to his family, rounded up from their home in Bodrogkeresztur and transported to Auschwitz. Of the family's 10 children, one had died young, three had fled before the war and three others had previously been taken to work camps. Bogler was left with his parents, one brother and one sister when they were crammed into a cattle car.

"The first thing they did was beat us and separate the woman from the men. It happened so quickly, I couldn't even part from my mother and sister," he said.

Jacob Philipson Armon, 76 (The Netherlands): Married, two children, one grandchild. Retired from Israeli defence contractor Rafael.

Jacob Philipson Armon THE ASSOCIATED PRESS

For Jacob Philipson Armon, memories are hard to come by. He was only two when Holland was captured by the Nazis, and three years later he went into hiding, like his more famous compatriot Anne Frank. The family's five children were dispersed among various non-Jews who risked their lives to protect them.

The most traumatic thing he recalls was when German troops kicked down the door of the home of his protector, Kit Winkel, and searched for Jews.

"They burst into the house and started to search for documents, turning over furniture and tearing down wallpaper. One soldier stood and stared at me. I sat frozen, not daring to move. I was so frightened I almost couldn't breathe," he said.

THE ASSOCIATED PRESS

Fraternal kiss: 'My God, help me to survive this deadly love'

Artist Dimitri Vrubel and his son Artjom clean the graffiti, named 'My God, help me to survive this deadly love,' depicting the fraternal kiss between former Soviet leader Leonid Brezhnev and former leader of the German Democratic Republic, DDR, Erich Honecker, at the East Side Gallery in Berlin. KAY NIETFELD/THE ASSOCIATED PRESS

NBA. Obama denounces team owner's comments

President Barack Obama said Sunday that comments reportedly made by the owner of a U.S. pro basketball team are "incredibly offensive racist statements," before casting them as part of a continuing legacy of slavery and segregation that Americans must confront.

"When ignorant folks want to advertise their ignorance, you don't really have to do anything, you just let them talk," Obama said when asked to respond to the reported comments from Los Angeles Clippers' owner Donald Sterling.

The firestorm over Sterling's comments quickly engulfed the National Basketball Association.

"The United States continues to wrestle with the legacy of race and slavery and segregation, that's still there, the vestiges of discrimination," Obama said during a news conference.

In the recording attributed to Sterling recording and posted on the website TMZ, a male voice questions his girlfriend's association with minorities.

President Barack Obama speaks at a town hall meeting at Malaya University. CAROLYN KASTER/THE ASSOCIATED PRESS

TMZ reported the woman, V. Stiviano, is of black and Mexican descent.

The man asks Stiviano not to broadcast her association with black people or bring black people to games and specifically mentions Lakers Hall of Famer Magic Johnson on the recording, saying, "Don't bring him to my games, OK?"

NBA Commissioner Adam Silver had called the tape "disturbing and offensive."

THE ASSOCIATED PRESS

See more of the Clippers on page 17.

Stowaway. Teen wanted to reunite with his mother

He was young, displaced and frustrated, and he wanted nothing more than to reunite with his mother in their native Somalia.

The 15-year-old boy had been arguing at home, and in the kind of impulsive move that teenagers make, he hopped a fence at San Jose International Airport last Sunday and clambered into a wheel well of a Hawaii-bound jetliner.

He survived the trip, and he has not spoken publicly about the ordeal.

But his desperation and frustration - borne from a life in a new country and new culture - is becoming apparent through interviews with friends, family and law enforcement agents.

"This whole thing should be looked at in the context of a teen who is emotionally attached to his mom and grandparents," said Talha Nooh from the Muslim Community Association, where the family were members. "The father is working 24 hours a day to take care of family here and other family members in the horn of Africa."

A United Nations official told The Associated Press that the boy's mother, 33, lives at the Sheder Refugee Camp in Ethiopia, which houses about 10,200 displaced Somalis.

Speaking with Voice of America radio from a refugee camp in Ethiopia, the teen's mother, Ubah Mohamed Abdullahi, said her son had recently learned that she was alive after being told by his father she had died and is requesting that the U.S. government help reunite them. THE ASSOCIATED PRESS

Somalian conflict

For decades, Somalia has been plagued with internal conflict, drought and violence.

- Today more than 1 million Somali refugees are living in neighbouring Kenya, Ethiopia and Yemen.

Holocaust

Palestine president acknowledges Nazi genocide of Jews

Palestinian President Mahmoud Abbas called the Holocaust "the most heinous crime" of modern history, voicing a rare acknowledgment of Jewish suffering before Israel held its annual memorial for victims of the Nazi genocide.

Israeli Prime Minister Benjamin Netanyahu brushed the comments aside, saying Abbas's renewed attempts to reconcile with Hamas raised doubts about his intentions.

Hamas, a movement sworn to Israel's destruction, has questioned the Holocaust and blocked the subject from being taught in schools in the Gaza Strip. THE ASSOCIATED PRESS

Hungary

Jews decry plans for Nazi occupation memorial

Speakers at an event Sunday commemorating the 70th anniversary of the Holocaust in Hungary called for dialogue with the government, and condemned plans for a memorial to Nazi Germany's 1944 occupation.

Hungarian Jewish groups have expressed frustration at what they say are efforts by the government to diminish the role local authorities had in the death of Hungarian Jews in the Holocaust.

President Janos Ader said Auschwitz, where a third of those killed in the death camp were Hungarian Jews, "forms part of Hungarian history." THE ASSOCIATED PRESS

Investors beware: What goes up must come down

HOW TO ROLL
Alison Griffiths
metronews.ca

There may be storm clouds hovering over the stock market. Perhaps it's an opportune time to follow an old investor's adage: Sell in May and come back on St. Leger Day — the latter being the final event of the British horse racing season, falling in mid-September.

Statistics certainly support a pattern of hot-weather doldrums. Going back to 1926 the stock market's average annual summertime gain is just over four per cent, compared to seven per cent for the November-to-April period.

This year there may even be a stronger reason to lighten up on stocks and equity mutual funds: We're all waiting for a market tumble of more than 10 per cent.

History repeating

11

Number of 10-per-cent-plus stock market declines in the last 25 years

Corrections or pullback of less than 10 per cent are common and occur at least once a year, sometimes more. There have been five of them in the last three years.

Bigger declines, in the 20 per cent range, hit the market about every three and a half years.

Oh dear.

Guess when the last doozy struck? That would be the summer of 2011. We are right on target for another one in the next six months.

But before you rush off to sell everything, think again. Assuming your current investments are quality ones, consider market declines as an opportunity.

1. Have cash. Cash is opportunity personified. When the market heads south buy more of the strong stocks and funds in your portfolio.

2. Evaluate. You can't put No. 1 into effect unless you know your holdings are top notch. Reassess both mutual funds and stocks. If you have laggards, don't throw good money after bad. Any mutual funds that have not been in the top 25 per cent (called the first quartile) of their category over five years are likely not worth owning. Your adviser or a site such as morningstar.ca can provide this information.

3. Diversify. A market correction is a great time to spread your investment dollars into different regions, such as the U.S., Europe or Asia.

The coming market storm may veer off course, but it doesn't hurt to be prepared.

China censors TV shows on streaming sites

A computer in Beijing shows a Chinese streaming website with a description of The Big Bang Theory, but the site no longer has access to episodes. Chinese authorities have ordered video streaming websites in the country to stop showing four popular American TV shows, representatives from two sites said Sunday. A spokeswoman for Youku, one of the sites, said it had received notification on Saturday not to show the sitcom The Big Bang Theory, political and legal drama The Good Wife, crime drama NCIS and legal drama The Practice. The State Administration of Press, Publication, Radio, Film and Television didn't give a reason for its order, said the spokeswoman, who couldn't be named because of company policy. NG HAN GUAN/THE ASSOCIATED PRESS

50 Shades of Strange: BK's Subservient Chicken is back

Burger King is bringing back one of its strangest advertising creations if you don't count its creepy King: the Subservient Chicken.

The campaign, which was considered groundbreaking when it ran in 2004, featured a website where a giant chicken dressed in garters appeared to perform any task visitors commanded. A costumed actor had been pre-recorded performing hundreds of acts so it would seem as though the chicken was obeying people's orders.

It was an unexpected take on the chain's Have It Your Way slogan, all just to promote a new chicken sandwich. The site got 100 million hits in the two weeks after its launch, according to Burger King.

A decade later, the Miami-based chain is trotting out the Subservient Chicken once again to promote yet another chicken sandwich — a triple-decker called the Chicken Big King that resembles a Big Mac, except with chicken patties.

Burger King says it will post a short video detailing the "rise and fall" of Subservient Chicken on www.subservient-chicken.com Wednesday.

THE ASSOCIATED PRESS

An actor dressed as a chicken joins subway riders waiting on the platform in New York in 2004. GETTY IMAGES

Canada Revenue Agency still has no grand plan to fight tax evasion

After a three-year effort, the Canada Revenue Agency has failed to produce a new national strategy to combat the underground economy — despite repeated requests to do so from cash-starved provinces.

The provinces have been pressing the agency since late 2010 to update its strategy for extracting taxes from the underground economy, estimated to be worth more than $35 billion annually.

The current guiding document is a decade old, and technological advances since then — including the cash-register "zapper" technology that conceals sales — have made it increasingly outdated.

The agency regularly audits offenders in the three most-active underground sectors, that is, construction, retail trade and food services, including table-waiting staff.

In 2011-12 the agency carried out almost 11,000 underground-economy audits, finding more than $300 million in unpaid taxes.

THE CANADIAN PRESS

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GENDER IN THE CITY: OUR XX-FACTOR

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

Perhaps it can be explained in part by Ottawa's giddy run (2010-2012) as the best Canadian city in which to live, as measured by MoneySense Magazine — and our subsequent tumble from the top — but I've developed a bit of a weakness for rankings pitting our town against all comers.

Some of this is probably simple competitiveness, a little harmless "in-your-face-Saskatoon" civic one-upmanship. (Just kidding, Saskatoon — it's the rest of Canada against Toronto, as usual.)

The criteria can be trivial, like the list a couple of weeks back that put Ottawa on top for generous tipping, or ambitious, like last week's study from the Canadian Centre for Policy Alternatives tackling no less a subject than The Best and Worst Place to Be a Woman in Canada.

Sigmund Freud's classic riddle, "What do women want?" gets a simple, practical answer for the purposes of the study: basically the same things everyone wants — and goes about trying to measure how women are doing in each of 20 cities in terms of economic security, representation in leadership roles, health, personal security and education.

The central question in each city is how women are doing relative to men, historically not a group shy about grabbing their share (and more) of whatever's going.

"The report focuses on the gap between men and women, rather than overall levels of well-being," writes study author Kate McInturff. "It does so in order to measure the difference between the access women and men have to the public goods available in their community, not the overall wealth of a community."

Top honours overall went to Quebec City. Ottawa-Gatineau came in at a fair-to-middling seventh out of 20, just behind Toronto (curses!) at number six, and the highest-ranked city in Ontario. Edmonton finished last.

The ratings don't tell the whole story, as the study points out in a section helpfully entitled "The Results: Don't Everyone Move to Quebec City at Once." Ottawa-Gatineau rates near the top in terms of economic equality, for both good wages and the smallest gap between men's and women's paycheques (women make 81 per cent of what men do here). The study credits the number of public service jobs in the area and collective agreements ensuring better sharing of the wealth.

We also scored well in terms of the proportion of women in charge: "Ottawa-Gatineau ranks near the top of the top 20 cities for representation of women amongst senior managers, although women still only make up 33 per cent of their ranks."

At city hall, men outnumber women three to one on councils across the country, and in this, Ottawa City Hall hits the average exactly, with six women and 18 men. Where we hit the bottom of the list, eighteenth out of 20, was in terms of personal safety and security for women compared to that of men, with 2,000 reports of sexual assault or domestic violence annually. We're a safe city, if not equally so for everybody. With a third of the year already gone, for example, Ottawa's had only two homicides citywide. But I'd be remiss not to note that both victims were women.

ZOOM

In the deep end

An artist has created a brilliant 3D illusion of a swimming pool that makes for a deeper meaning. The piece seeks to address the impact of Japan's tsunami and the Fukushima nuclear plant disaster of 2011. COURTESY JEROEN BISSCHEROUX

Artist stuns with 3D optical illusion of swimming pool

Dutch artist Jeroen Bisscheroux has created the illusion of an empty swimming pool, spread across the ground inside a shopping centre in Osaka, Japan.

From a distance, Bisscheroux's artwork — POOL, loss of colour — looks like a two-dimensional painting of a pool. But while standing inside the work the pool's walls appear to drop away, giving the impression that you are floating in mid-air above it. METRO

Installation represents impact of Japan's nuclear disaster

Located in the Grand Front Osaka shopping mall, the work is a perfect spot for a photo-op.

However, there is a more sombre message, as the art serves to highlight the Fukushima nuclear disaster of 2011. The empty, discoloured swimming pool "brings the impact of the disaster back to human proportions," says the artist. METRO

Metaphors

- Bisscheroux describes the artwork as a carpet: "A place where we welcome guests." This cosy metaphor aims to encourage play and exploration of the empty space.
- The artist left an area to represent the crisis zone "grey and dark." Bisscheroux adds that it's a symbol of the "disastrous consequences" at Sendai.

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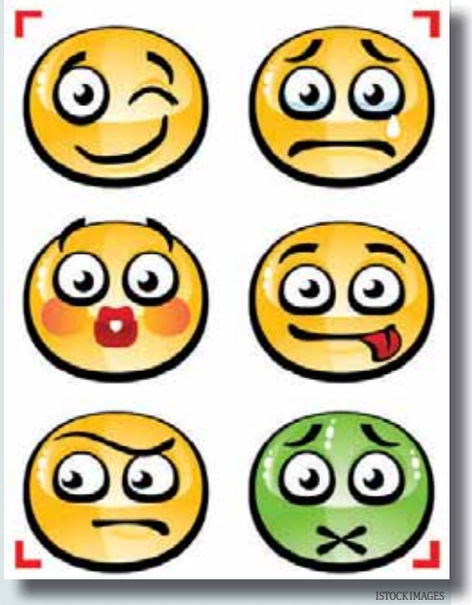
MetroTube

Emojis you wish you had use for

ANDREW FIFIELD
metronews.ca

Do you love emojis? Of course you do! Do you hate emojis? We prefer to think you just don't love them yet.

Either way, author and illustrator Avery Monsen has you covered with the introduction of 100 high-concept emojis that, sadly, our lives are too dull and tedious to require. But it would sure be nice if we could add them to our keyboards, even if it's strictly for aspiration's sake. (Tap the screen to freeze it.)
Via @averymonsen on Vine.



ISTOCK IMAGES

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See that symbol? It means you can scan the photograph below with your Metro News app to see more images from this season of The Americans

Ebooks

A Window on Eternity

By. E. O. Wilson

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Amongst grandfatherly storytellers, Wilson is superb. The esteemed biologist captures the grand story of Mozambique's National Park, a place tied to humanity's origins and now recovering from Civil War destruction, before whispering details of its smallest species with a twinkle in his eye.

Box office

Captain America toppled by The Other Woman

After holding the top position at the box office for three weeks, femme-fuelled The Other Woman has beaten superhero blockbuster Captain America: The Winter Soldier for the No. 1 spot in its opening weekend.

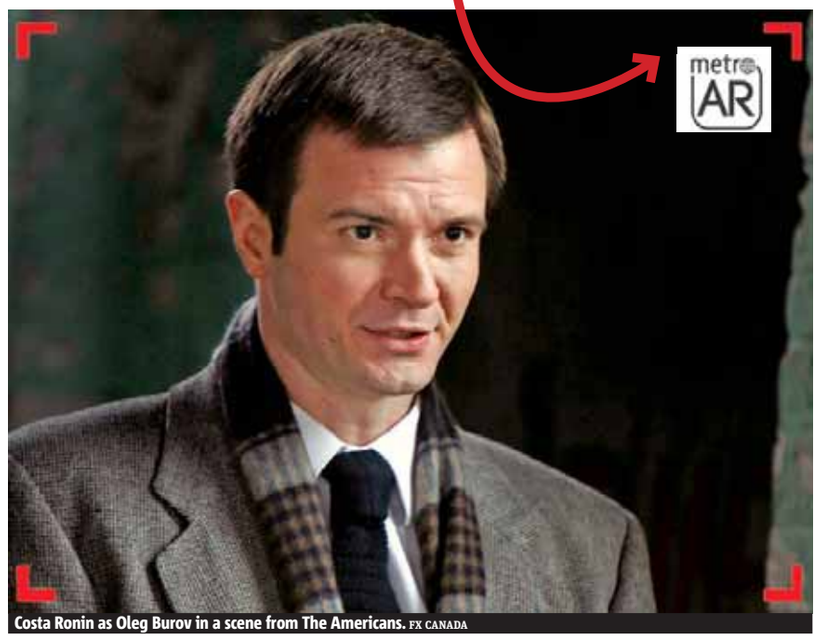
The revenge comedy grossed $24.7 million US, while Captain America grossed $16 million.

THE ASSOCIATED PRESS

I spy several spies

The Americans.
Costa Ronin explains the finer points of espionage

LISA WEIDENFELD
Metro World News



Costa Ronin as Oleg Burov in a scene from The Americans. FX CANADA

The Americans is a show that thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted, and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian Rezidentura have found a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg received one of the show's finer introductions, missing an important summons from Rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. While Arkady was quick to write him off as a rich man's son using his connections to get ahead, Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but as Ronin warns us, "that's his persona."

It's also the case with every character on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else, even among the KGB agents. "He cannot let them see how smart he is, he cannot let them see how savvy he is, he cannot show them all the cards that he's got."

Don't always assume that stony-faced people in suits would make good agents, though. Ronin says good spies are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school ... To be the best, you cannot be thought of (as) being a spy."

Though Ronin was initially only signed on for two episodes, the producers decided to keep him on for more of the hit spy drama's second season. As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says, "They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with the poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Keep watching The Americans to see whether he's just clever enough to stay ahead of the other spies.

Tune in

The Americans airs Wednesday nights at 10 p.m. ET on FX Canada.

SCENE

Title tweak

Jackson renames final Hobbit film

Peter Jackson is tweaking the ending of Bilbo Baggins' journey.

The Oscar-winning director says the original title of The Hobbit finale, There and Back Again, felt misplaced since Baggins arrived at his destination in the second film. He says that title better suited a movie that wrapped up a two-part story instead of a trilogy.

So the final film based on the J.R.R. Tolkien fantasy adventure has being renamed The Hobbit: The Battle of the Five Armies.

Jackson wrote about the decision on Facebook, saying that making the films was sometimes like the hobbit's journey itself, "with hidden paths revealing their secrets to us as we've gone along."

He thought about revising the title when the second film opened last year, but said he and the studio, Warner Bros., kept an open mind until a cut of the film was ready.

THE ASSOCIATED PRESS

Matching home to homeowner

Who Lives Here? New show asks strangers to use their detective skills to pair the person with their dwelling

Participants try to match home to homeowner in an episode of the new series Who Lives Here? 3BIRD MEDIA

Whether it's your choice of clothing or career, a new series seeks to explore whether the image presented to outsiders can reveal clues about your most treasured interior space — your home.

In Who Lives Here? which premieres Monday at 10 p.m. ET/PT on W Network, five strangers take turns visiting each other's homes, relying solely on their detective skills and powers of perception to pair each person with his or her respective dwelling. The winner takes home $1,000.

The debut sees an interior designer, security services worker, entrepreneur, TV producer and hairstylist attempting to determine who among them lives in an urban home, converted garage, detached home, loft and bungalow.

"You meet somebody for the first time and you're processing all of this information on a certain level and you're making assumptions about who they are as a person, how they operate, all different aspects," said series narrator Todd Talbot, who also co-hosts Love it Or List It Vancouver.

"I think if you extend those thoughts to where they might live, it paints a picture. I don't mean to get too philosophical about it, but we're very fixated by our outward appearance in public."

The participants don't shy away from critiquing spaces they visit. Talbot said while contestants understand the nature of the show, they can still be affected by observations made by strangers.

"It's hard to hear somebody make fun of your home because I think ultimately that it's a reflection of who you are.

Quoted

"We make these judgments about what we think your house should look like, and really, if it makes you happy, paint your walls neon pink."

Todd Talbot, narrator of Who Lives Here?

And maybe that's not who you are that you show the public, but it is that internal vulnerable side."

Talbot said there are some people who are very bold and love to infuse their space with perhaps an even more magnified version of themselves. But in his experience, more people are hesitant to do so.

"Especially when it comes to selling or showcasing their house, people tend to have this assumption that they need to depersonalize. And I think that idea of depersonalizing sometimes gets sterile to the point where you don't get a sense of who lives there."

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Begin Again. New film puts Knightley and Levine in unfamiliar territory

For Keira Knightley and Adam Levine, filming the movie Begin Again was an experience of firsts.

Knightley, an accomplished actress, sings in the movie, whereas Levine, frontman of the band Maroon 5, acts. The two admitted that leaving their comfort zones made them uneasy, but that they related to each other's nerves.

"I kept telling her she was great and she wouldn't believe me, and she told me that I wasn't bad at acting, either, but I didn't believe her, so it was perfect," Levine said Saturday as the film closed the Tribeca Film Festival.

"I was completely terrified," Knightley, 29, said of her singing.

Quoted

"I kept telling her she was great and she wouldn't believe me, and she told me that I wasn't bad at acting, either, but I didn't believe her."

Adam Levine on the self-doubt he and co-star Keira Knightley dealt with while filming Begin Again

Keira Knightley, left, and Adam Levine arrive at the premiere of Begin Again at the Tribeca Film Festival on Saturday in New York. EVAN AGOSTINI/THE ASSOCIATED PRESS

"I didn't anticipate being as frightened as I was. I said yes to doing it, and I was, 'Oh, it's gonna be fine, it's gonna be fine,' and then suddenly I found myself in a studio with real people who did it for a living and I was like, 'I don't know what I'm doing. I'm pretending.'"

To walk a red carpet for his first acting role, Levine, 35, said he was "blown away."

Levine says he enjoyed the experience so much he might have caught the acting bug.

"My experience was so much fun," he said. "It made me kind of start to like it a little bit, but I don't know. I don't think you can really make those bold declarations, but we'll see."

So how did the two grade each other? Knightley called Levine a "natural entertainer" who was "sensational in this film."

Levine, who serves as a judge and mentor on NBC's singing competition show The Voice, said that if Knightley were to audition he would want her on his team.

Begin Again is directed by John Carney, who was also behind the successful musical drama Once. It also stars Mark Ruffalo, Hailee Steinfeld and Catherine Keener. CeeLo Green also has a small role.

The movie opens in North America in July.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Some folks will do anything to avoid a wedding

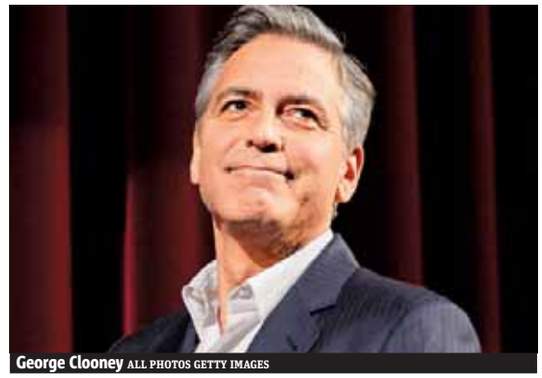
STARGAZING
Malene Arpe
scene@metronews.ca

Demi Moore will reportedly travel to a yoga retreat in India in order to avoid being near any news outlets when Ashton Kutcher and Mila Kunis marry. To each her own. I would personally rather serve as ring bearer at every one of my exes' weddings than ever have to listen to someone talk about yoga.

This week in famous hair: 1) Nicki Minaj is reportedly ditching her wigs. 2) Andrew Garfield gets a buzz cut. 3) Jennifer Lawrence is growing her hair out. 4) Kaley Cuoco gets a bob. 5) Chris Pratt Instagrams a picture of the back of wife Anna Faris's head with the comment "this is a weird thing to brag about but I did that glorious french braid."

Selena Gomez unfollows Justin Bieber on Instagram. That Nets hat was the final straw.

Gwen Stefani replaces Christina Aguilera on The Voice. The stressed-out lighting crew is scrambling to figure out how to light a fake blonde with bright lipstick and loud clothes.



George Clooney ALL PHOTOS GETTY IMAGES

Why is George's latest squeeze wearing a giant rock?

George Clooney is ending his streak as Hollywood's most marriage-averse bachelor, as the Ocean's 11 star has reportedly asked girlfriend Amal Alamuddin to marry him, according to People magazine. "George and Amal are trying to keep things very low-key but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that they plan on being together forever." While it's unclear exactly when Clooney popped the question, Alamuddin was first spotted donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu Thursday evening. Clooney and British human rights attorney Alamuddin were first rumoured to be dating in October when they were spotted together in London.

Naomi and Liev work it out

It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Naomi and Liev have had their ups and downs, including a cancelled New Year's Eve wedding right before 2008, they've finally worked out their differences and are rethinking marriage," a source says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for Diana — a role he really thought she'd win awards for."

Naomi Watts and Liev Schreiber

Gwyneth Paltrow

Gwynnie's friends sick of hearing about her perfect ... divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "'Conscious uncoupling' has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their lives," a source says. "Gwyneth has always thought she had the most perfect life, and even though she's getting a divorce and both of them are getting bad press, she doesn't care. She has become insufferable, saying how happy she is with the way everything is evolving. It's so ridiculous to listen to her talk as if nothing bad is going on at all for her. But Gwyneth has always had a protected, privileged life, and this is no different."

Rap sheet keeps Biebs at airport

Justin Bieber's return to the U.S. after a visit to Japan was delayed a bit when he was detained by immigration authorities for four hours at LAX late last week, according to E! News. The troubled singer had nothing to say to reporters as he made a dash for his waiting van after the extended stay at the airport, so it's unclear why the authorities were so interested in him. But chances are it has something to do with his current rap sheet, as Bieber has pleaded not guilty to charges of driving under the influence, resisting arrest and driving with an expired licence related to his January arrest in Miami.

Justin Bieber

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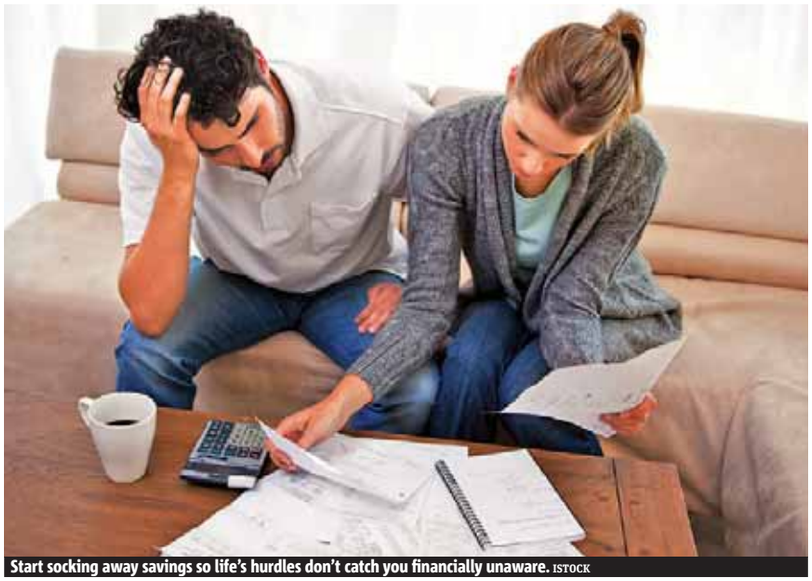
LIFE 3

Five ways we find ourselves buried in a mountain of debt

No money, mo' problems. Prepare for the worst to avoid going into the red

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Start socking away savings so life's hurdles don't catch you financially unaware. ISTOCK

Often when people meet me out and about, they want to talk about the show. At some point in our conversation they say something like, "How'd they get themselves in such a mess?" These are the people who can't conceive of spending more than they make or having all that debt. Here are five ways it happens:

1. No Money Management Skills

Unfortunately, a lot of people were never taught the skills of money management. Each day people fly by the seat of their pants, hoping that things will turn out OK. Some days they do. Many days they don't, and they end up running around firefighting to stay afloat.

If you don't know how much money you make, how will you know how much money you can spend? If you charge whatever you're buying on your credit card, but you don't know how much you have to spend, how will you pay off that credit card when the bill comes in?

A lack of money management skills is, perhaps, the biggest predictor of financial failure. All the credit counselling, all the bankruptcies, all the income in the world isn't going to save your butt if you don't take the time to figure out how to use what you've got to your advantage. There are rules to follow, work to put in, and self-control to be applied.

2. Underemployment

Some people are just born lazy, y'know. I've worked with more than one person who thinks that earning $14 an hour for 37.5 hours a week is just fine.

Bringing home $400 a week is fine, if you're prepared to live on $400 a week. But most people aren't. They want to drive cars, they want to take vacations, they want to have cellphones and premium cable and everything else their pals have. Sometimes when I tell these people to go make more money, they complain that it'll take away from their Mommy or Daddy jobs. Yet many of those same people spend hours a day doing stuff that doesn't involve their kids. THOSE are the hours you should be spending making more money.

3. Income Goes Down, Spending Doesn't

People get laid off from work. People get sick. People stay home to raise their children. Their incomes go down, sometimes *waaay* down, but their spending doesn't change. They use their credit cards, lines of credit and overdraft protection to fill the gap and then say they are surprised to find they are buried in debt. Then they get a consolidation loan or wrap the consumer debt up in their mortgages and go out and do it all over again. Of course, these same people could have built themselves a buffer against changes in their financial circumstance, except for Reason No. 4.

4. No Savings

We seem to have developed an aversion to saving. We use the excuse that we can't get much return on our money right now, so what's the point. Ha! Talk about *justification*. Wow. We've watched the savings rate plummet over the past three decades, hitting the negatives. How can that ever be a good thing?

Of course, if we were willing to live on a little less now so that we'd have a cushion set aside in case we lost our jobs, we wouldn't be pushed into Debt Hell quite so quickly. And if, knowing we were going to take time away from work to raise kids or go back to school, we set aside some money to see us through our future plans, we wouldn't dig ourselves a tunnel to Debt Hell.

5. Getting Sick

Some people believe they will never get sick. It's why people don't bother to get critical illness insurance, disability insurance, or life insurance. In my mid-40s, my best friend died. She was also in her 40s. But before she died, she had years of dealing with MS and then with breast cancer and finally brain cancer.

If she hadn't had disability insurance, she would have been totally screwed. As it was, every month was a challenge financially. And believe me, she didn't need any more aggravation.

Of course, you may not be the one to get sick. It may be your partner, at which point you better have some money to help pay for the things he or she used to. Or it may be a child or an elderly relative that causes you to lose time off work.

There are life events that can contribute to pushing us into debt, but if we had been managing our money all along — saving some, covering our risks with insurance, being responsible with our money — those life events could have been a lot less painful.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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and help put sleepless nights to rest.

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SHOPPERS DRUG MART

Get a little nutty with a pistachio crust for your pork tenderloin

Lean and delicious.
Despite its piggy reputation, pork can be leaner than a chicken breast — and it's tasty, too

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

"Pork: The Other White Meat" is a slogan used since 1987 to help pork compete with poultry, and it's worked! Ounce for ounce, pork tenderloin has less fat and fewer calories than a chicken breast, and the image that pork was only a fatty meat has been overcome. It is considered an extra lean meat according to government guidelines.

Pork is a good source of iron, zinc, selenium and phosphorus and has been known to fight against Type 2 diabetes, helping to maintain optimal sugar levels. Today, due to better health procedures, you can now eat your pork medium rather than well done.

The old practice was to cook until 160 F, which dried out this lean meat. It is now recommended to cook your pork to just 145 F for a moist and delicious medium-cooked meat.

This flavourful nut crust goes so well with this tender meat. You don't need to salt your pork since the cheese and mustard contain sodium.

When you cook the meat to medium, you won't need a sauce since the meat is so tender and tasty. Feel free to substitute any nuts of your choice. This topping also goes well over chicken or fish. Don't worry if the crumbs don't all stick; just serve them alongside the medallions.

Ingredients

Serves 4
- 1 lb pork tenderloin
- 1 Tbsp. Dijon mustard
- ½ cup finely chopped shelled pistachios
- 3 Tbsp. grated Parmesan cheese
- 2 tsp olive oil
- ½ tsp minced garlic

FLASH FOOD

From your fridge to your table in 30 minutes or less

The pistachio-nut crust on this pork tenderloin also goes well over chicken or fish. ROSE REISMAN

Directions

1. Preheat over to 400 F. Sear tenderloin in skillet sprayed with vegetable oil, just until browned on all sides, about 3-4 minutes.

2. Place on a baking sheet. Rub mustard all over tenderloin.

3. In a small bowl, combine pistachios, cheese, olive oil and garlic. Pat onto all sides of tenderloin.

4. Bake until temperature reaches 140 F (medium) or approximately 15-20 minutes.

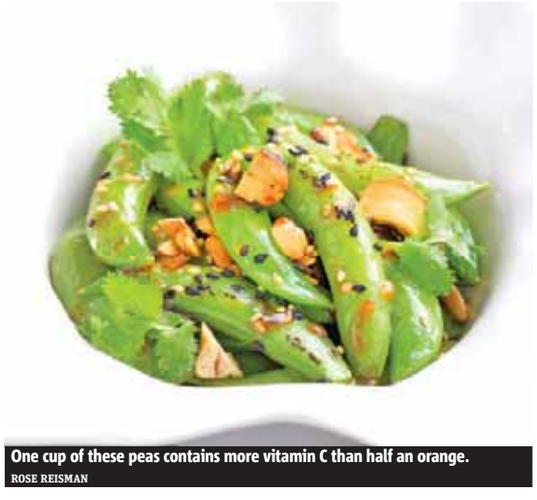
5. Let rest for 10 minutes, then slice into medallions.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Nutritional information

Per serving
- **Calories.** 254
- **Carbohydrates.** 4.5 g
- **Fibre.** 1.6 g
- **Protein.** 28.5 g
- **Total fat.** 13.2 g
- **Saturated fat.** 3 g
- **Cholesterol.** 77.3 mg
- **Sodium.** 204.3 mg

Add a little sweetness to your supper routine



One cup of these peas contains more vitamin C than half an orange. ROSE REISMAN

Sugar snap peas are different from English peas and snow peas. They are less fibrous and can be eaten when the pod is young. Sugar snap peas have a sweet taste with a crunchy texture and can be eaten raw, or cooked as a vegetable side dish or snack.

High in vitamin C, one cup of these peas contains more than half an orange. This nutrient-packed veggie also contains vitamin B in the form of folate, known to reduce the risk of birth defects and help lower the risk of heart disease.

This is a simple Asian-style recipe that can be used to accompany any main course. You can substitute snow peas or green beans, but you can't find a sweeter and crisper pea than the sugar snap pea. The key is not to overcook your peas. Remove from the heat when they are bright green and serve immediately or rinse with cold water if being served later or at room temperature.

Ingredients

Serves 6
- 1 Tbsp. honey
- 1 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1 Tbsp. low-sodium soy sauce
- ½ tsp minced fresh garlic
- 1 tsp vegetable oil
- 1 lb sugar snap peas, trimmed
- 2 Tbsp. chopped toasted cashews
- 1 Tbsp. toasted sesame seeds

Directions

1. Combine the honey, vinegar, sesame oil, soy sauce and garlic in a small bowl. Set aside.

2. Heat the vegetable oil in a large nonstick skillet over medium-high heat. Add the snow peas and cook until tender-crisp, about 3 minutes. Pour the sauce over the peas and cook until heated through. Serve immediately, garnished with cashews and sesame seeds.

Preparation Time: 10 minutes
Cooking Time: 3 minutes
Make ahead: Best cooked just before serving.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Nutritional information

Per serving
- **Calories.** 100
- **Carbohydrates.** 10 g
- **Fibre.** 2.2 g
- **Protein.** 2.8 g
- **Total fat.** 5.3 g
- **Saturated fat.** 0.8 g
- **Cholesterol.** 0 mg
- **Sodium.** 93 mg

Wake-up call gets Arianna Huffington to redefine success as a good night's sleep

Thrive. In her new book, The Huffington Post's editor-in-chief urges others to look beyond the pursuit of money and power

It took a collapse in her home office resulting from exhaustion and sleep deprivation for Arianna Huffington to truly wake up.

As she worked relentlessly to build her rapidly expanding media company, that fall on a spring morning in 2007 left Huffington with a broken cheekbone, an eye injury and a renewed resolve to re-examine her life.

Yet long before the incident, Huffington acknowledged there were other key moments that should have put her "sleep-deprived, burnt-out-fuelled existence into perspective." The loss of her first child that was stillborn. A breast cancer scare. Her divorce.

In her new book Thrive (Harmony Books), Huffington proposes what she describes as a "Third Metric" to define success — one that extends beyond the pursuit of money and power.

The co-founder and editor-in-chief of The Huffington Post Media Group includes the following as pillars of the Third Metric: self-care, well-being, wisdom, wonder, and giving.

Huffington dedicated Thrive to her late mother, Elli, whom she saw as a true embodiment of the Third Metric, reinforced with anecdotes of the spirited matriarch woven throughout the book.

"My mother was somebody who always lived life with an open heart, making connections with people, not multitasking, all of the things that dominate our lives now were things that she realized were not going to lead to a life of meaning and purpose," Huffington said in an interview in Toronto.

"She truly believed — she taught my sister and me — in not missing the moment, and that happiness is really about being 100 per cent present in the moment of what we are doing.

"Unfortunately, our minds often want to take us in the past, judging what we've done. Often, this voice that we all have in our heads that I call the obnoxious roommate ... that puts us down, judges us constantly, questions our dreams, or our mind, wants to take us in the future worrying, being anxious about what's going to happen."

Digital detox

"It was wonderful to have a meal without Instagramming it, to watch a sunset without Instagramming it, and to have conversations with my children when they would say something funny I wouldn't feel the temptation to tweet it."

Arianna Huffington, describing her most recent Christmas vacation spent with her ex-husband and daughters.

Arianna Huffington, co-founder and editor-in-chief of The Huffington Post Media Group, poses in Toronto while promoting her new book Thrive. DARREN CALABRESE/THE CANADIAN PRESS

In addition to touting the benefits of meditation, the self-described "sleep evangelist" recognized the importance of getting sufficient shut-eye after her collapse and started to read about the scientific value of sleep.

"It's really a miracle drug. It affects our health and well-being, our mental clarity, our capacity for joy," said Huffington, who over time has gone from getting four to five hours of sleep a night to between seven and eight.

At the end of each section of Thrive she offers tips on small steps readers can take immediately to start charting a course to wellness. Among them: aiming to get 30 more minutes of sleep a night. She has also established her own wind-down routine which encompasses turning off all her devices (including an iPhone and four BlackBerrys) and placing them outside of the bedroom.

"We have to recognize that we are addicted to our smartphones and the impact that that has on being able to connect deeply with the people we love. I think we need to make checking our smartphones during dinner as socially unacceptable as picking your nose or scratching your private parts," Huffington said.

Despite finding personal success in making changes, Huffington realized there are others who may find the prospect of following suit difficult — especially those faced with significant demands on the job and elsewhere. But if anything, she sees the steps she outlines as even more critical for those whose lives are particularly challenging.

"There are a lot of things in the outside world that we cannot control. We cannot control having a boss, say, that expects us to be on all the time. And let's say that we have to stay in that job. ... There's a lot we can do to deal with our own attitudes to our job and what we're doing when we're not on the job," she said.

"When our own inner world changes, we're more likely to change our outer world." THE CANADIAN PRESS

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When life gives you lemons, make artisanal lemonade

Loss leaders. While Kaila and Tammara didn't win MasterChef Canada, the sour news isn't stopping them from making some sweet career moves

Tammara Behl cuts meat during an episode of MasterChef Canada. After getting cut from the show, she launched a catering company. MARK O'NEILL/BELL MEDIA

The latest two home cooks ousted from the penultimate episode of MasterChef Canada have both been inspired to make a foray into the professional food world.

Third-place finisher Kaila Klassen of West Kelowna, B.C., who was dismissed from the MasterChef Canada kitchen after making a minor error in the pressure test, is in the process of opening her own restaurant in Kelowna called Krafty Kitchen and Bar.

Tammara Behl, who came fourth, has just launched a Calgary catering company and says she will also make guest appearances on CTV Morning. She's given up her teaching position with the Calgary Board of Education.

Behl was eliminated during a mystery box challenge that featured Italian ingredients chosen by guest judge Joe Bastianich of MasterChef.

Both women said Tuesday that being one of the 16 home cooks on MasterChef Canada meant sacrifices: Behl left her husband and two young children while Klassen relinquished her real estate career during the six weeks spent in Toronto taping the show. But the experience was ultimately rewarding.

"I learned that you really have to learn from people even though they might be less experienced than you or less informed," said Behl. "Everybody has something to teach you and really be nice to your neighbour."

Klassen added: "I know now that it is very, very important to listen to your instincts and listen to your gut and, as Tammarra says, be kind, be genuine, be honest and to listen to the judges. Always listen to the judges. They're always right."

Chefs Michael Bonacini, Alvin Leung and Claudio Aprile, who judged the contestants in Season 1 of MasterChef Canada, will be staying on to helm Season 2, CTV has announced.

Being on MasterChef Canada was like living in a pressure cooker, the two acknowledged, but their love of all things culinary kept them going.

"When we weren't filming, we were thinking about food," said Klassen. "We were thinking about MasterChef, and so it was a very stressful situation, but I think with us all having a commonality with a love for food it was great because we could get away at the end of the night and just talk about food and not have to talk about the show, and just enjoy. It was fantastic. Everyone was amazing." THE CANADIAN PRESS

Finale airs tonight

Eric Chong, a chemical engineer from Oakville, Ont., and Marida Mohammed, a stay-at-home mom from Toronto, will battle it out to win $100,000 in the MasterChef Canada finale, airing tonight on CTV.

'Round the world wisdom

List the carrots and sticks to help you stick to your goals

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Keep your list of pros and cons top of mind to keep yourself motivated. ISTOCK

I took on running the Gobi with enthusiasm but within a month, before having experienced any of the tangible physical benefits from my training, I was already losing my drive. The law of diminishing intentions was in full flight — my life was getting in the way of my training. It was challenging to anchor new habits into an already full schedule. For most of us, as it was for me, change is hard without leverage.

My main mistake was that I didn't give myself enough reasons to change my calendar to suit the project.

I had jumped in with a healthy naiveté, and now I needed to do what I should have done prior to taking on the project. So I listed all the pros and cons of running the Gobi. The list was obviously heavily tilted in favour of doing it. I then flipped the equation and listed the pros and cons of not running it. It allowed me to visualize the rewards of running the Gobi and also brought to light the cost of not following through with my goal. I needed the list of carrots and sticks to be exhaustive as possible in order to bank all these reasons for the days when I would inevitably falter, or just not want to train.

I posted the long list on my home office wall so it would be in my face — a perpetual reminder for the duration of the project. And even though there were far more reasons to run the Gobi than not, at times when my willpower wavered, I re-read the list and renewed my commitment.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Raptors grind out split in Brooklyn

NBA playoffs. Despite faltering after hot-shooting start, young Toronto club leaves N.Y.C. tied 2-2 in series

Game 4

87	79
Raptors	Nets

DeMar DeRozan scored 24 points as the beaten-up Toronto Raptors tied their playoff series with the Brooklyn Nets with a 87-79 victory Sunday.

The victory was the Raptors' first playoff win on the road since a win over Philadelphia way back in 2001.

A hobbling Kyle Lowry added 22 points, while Amir Johnson finished with 17. Patrick Patterson and Greivis Vasquez finished with nine points apiece, and Patterson grabbed a team-high nine rebounds.

The best-of-seven Eastern Conference playoff series heads to Toronto tied at two wins apiece. Game 5 is Wednesday at the Air Canada Centre.

Paul Pierce led the Nets with 22 points, while Mirza Teletovic had 12. Kevin Garnett and Deron Williams finished with 10 points apiece.

The Raptors scored 35 points in the first quarter and led by as much as 17 points — the biggest lead by either team in this series — in what was a dogfight of a game.

But Toronto started to come apart in the second quarter — they ran into foul trouble and couldn't hit shots, and scored a combined 32 points in the second and third quarters.

Still, the nailbiter went into the fourth all tied up 67-67. The Nets took a four-point lead but consecutive baskets by Valanciunas — including a hook shot over future Hall of Famer Garnett — then a three-pointer by Vasquez had the Raptors up by four points with 4:07 to play.

The Nets wouldn't threaten again, and when the final whistle blew the Raptors fans in attendance at Barclays Center stood and applauded the Toronto players off the floor.

The Nets won Games 1 and 3, in what's been an incredibly even matchup all season between these two teams.

Lowry, who came away from Friday's game with a bad right knee and a busted lip, was noticeably limping at times, but coach Dwane Casey had said pre-game: "He's one of the toughest guys I've been around as a guard as far as fighting through things."

THE ASSOCIATED PRESS

Close enough for ya?

678-677

Prior to Sunday, Toronto had outscored the Nets 678-677 in their seven meetings this season.

Raptors guard Kyle Lowry goes up for a layup against Nets guard Deron Williams on Sunday night in Brooklyn. KATHY WILLENS/THE ASSOCIATED PRESS

NBA playoffs

Clippers stand together against owner Sterling

The Los Angeles Clippers made a silent protest against owner Donald Sterling before Game 4 of their Western Conference playoff series against Golden State. The Warriors made a different kind of statement during the game.

And just like that, a series pulled into a race-related scandal took another twist.

Stephen Curry made a career playoff-high seven three-pointers and scored 33 points, leading the Warriors past the Clippers 118-97 on Sunday to even their first-round series at two games apiece.

The game almost became an afterthought — until tipoff anyway — after an audio recording was posted Saturday online by TMZ purportedly of Sterling making comments urging a woman to not bring black people to his team's games. The alleged comments, which are under investigation by the NBA, have set off reactions of anger and calls for action through the league.

THE ASSOCIATED PRESS

Jordan speaks up

"As an owner, I'm obviously disgusted that a fellow team owner could hold such sickening and offensive views."

Charlotte Bobcats owner Michael Jordan

The Blackhawks celebrate Duncan Keith's third-period goal against Blues goalie Ryan Miller in Chicago on Sunday. JONATHAN DANIEL/GETTY IMAGES

Scan this image with your Metro News app to view a gallery of the weekend's best photos in sports.

Hawks cruise past Blues

First, it was Jonathan Toews on a power play, and then Patrick Sharp got loose on a breakaway. Andrew Shaw tipped one home, and it was all over.

One dazzling stretch for the Chicago Blackhawks put an end to their tight first-round series against the St. Louis Blues.

Duncan Keith had a goal and three assists, and the Blackhawks used a four-goal third period to finish off the Blues with a 5-1 win in Game 6 on Sunday.

"It feels good to contribute in a big game," Keith said, "and I think just the main thing for me is just being able to move on and get a couple days to relax and just regroup and focus on the next round."

Rangers 4, Flyers 2

Brad Richards and Dominic Moore scored second-period goals, and Henrik Lundqvist made 24 saves as the Rangers pushed the Flyers to the brink of elimination.

Chicago won four in a row after a slow start in St. Louis. The defending Stanley Cup champions will play the winner of the Minnesota-Colorado series in the Western Conference semifinals. The Avalanche lead the Wild 3-2 heading into Game 6 on Monday night.

Toews, Sharp and Shaw scored in the first 7 1/2 minutes of the third and Keith closed out the scoring as the Blackhawks improved to 14-2 in home playoff games over the past two seasons.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't worry if your finances have not been too healthy of late because you will find ways to replace what you have lost or spent.

♉ Taurus
April 21 - May 21
Throw caution to the wind and let the universe decide whether you are going to win or lose. With a solar eclipse coming up in your sign you will almost certainly be a winner.

♊ Gemini
May 22 - June 21
Mercury, your ruler, may be moving through the most shy and retiring area of your chart but if past experience is anything to go by that will merely encourage you to redouble your efforts to put on a show.

♋ Cancer
June 22 - July 23
Keep things simple over the next 24 hours and you won't go wrong. You know what it is that you want, you know where it is you can find it and there is nothing anyone can do to deny you.

♌ Leo
July 24 - Aug. 23
Put yourself forward and show what you can do. Employers and others in positions of power are looking for people who are decisive. And that's you.

♍ Virgo
Aug. 24 - Sept. 23
You may not be entirely convinced that what you are about to do is going to succeed but you have promised others that you will try. Don't let them down!

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are carrying too much emotional baggage. Once you have confronted your fears you may realize there was little to worry about in the first place.

♏ Scorpio
Oct. 24 - Nov. 22
Someone who is aggressive for no good reason is likely to bring out the worst in you today. No doubt they have not experienced a Scorpio's sting before but it's unlikely they will forget it.

♐ Sagittarius
Nov. 23 - Dec. 21
Because you like to be independent you may not enjoy what takes place over the next 24 hours. You may have to fight for your right to set your own agenda and come and go as you please.

♑ Capricorn
Dec. 22 - Jan. 20
You are full of energy thanks to the approaching eclipse and it's important that you channel it in constructive directions. Don't waste your time on projects that are not challenging enough.

♒ Aquarius
Jan. 21 - Feb. 19
The task you are faced with today may seem daunting but if you attack it in the right way there is no doubt at all you will make a success of it.

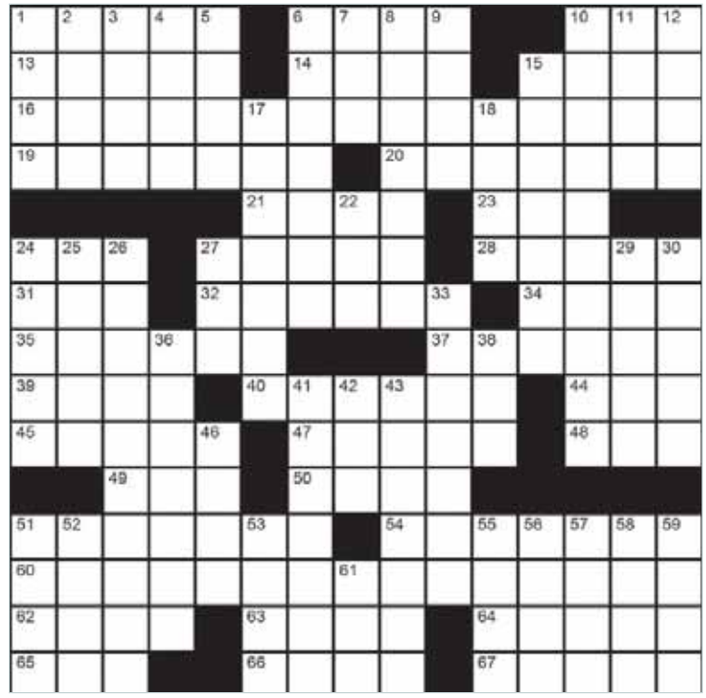
♓ Pisces
Feb. 20 - March 20
Anyone who thinks you lack the spirit of adventure will have to think again as cosmic activity in the most outgoing area of your chart inspires you to try so many new things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

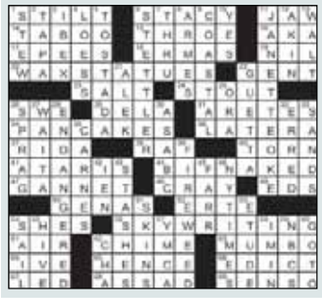
BY KELLY ANN BUCHANAN



Across
1. Jean-Claude Van __
6. British actor Idris
10. Min. bit
13. "Congratulations __ __ order!"
14. Particular primary pigment
15. Glide
16. "No Sugar Tonight/__ __ __" by The Guess Who
19. "Put Your Hand in the Hand" land, 1971 hit for Canadian band Ocean
20. Nero's 1052
23. Flight-leaving info
24. F1's PC neighbour
27. Leading by a point, as 5 to 4: 2 wds.
28. Ms. Winger
31. Gymnast, e.g.
32. Permafrost-y expanse in The Arctic
34. Big cat
35. One trying to locate a missing parcel
37. Gwyneth Paltrow's mother Ms. Danner
39. Apartment bldg. boss, colloquially
40. "Yellow Submarine" (1968) tune: "It's __ __ Much"
44. 'Jacob' suffix
45. Stephen __, Canadian star of "Arrow"
47. Droplet-looking throat part
48. Puget, e.g.
49. The Lion
50. Small
51. "Trailer Park Boys" character
54. Sequester
60. Beetle that is a threat to the type of tree in its name: 3 wds.
62. Manly
63. Ms. Russell
64. Cake topper
65. Couture monogram
66. Beatles title lady
67. Herring-like fishies

Down
1. "Shoot!"
2. Scope
3. Whimper
4. "__ on the Beach" by Jane Siberry
5. Organic compound
6. Level of command
7. Cleaning chemical
8. Australia: Great __ Reef
9. Year, fancy-style
10. Catchy interview quotes: 2 wds.
11. Get paid
12. First Nation of Manitoba
15. Distinguished
17. Deep-fried battered vegetables of Japanese cuisine
18. Cut
22. Not-reliant-on, briefly
24. __ _ hole in (Corrodes)
25. Guitarist's move
26. 'Music' provider when wedding rice is thrown: 2 wds.
27. Driver's 4x4, commonly
29. J.R.R. Tolkien: Grassy area in Middle-Earth
30. A means to __ __
33. Eradicate
36. Cause __ (Attention-grabbing controversy)
38. Hawaii's Mauna __
41. Town in southern Saskatchewan
42. Gladiator's 56
43. Northern Africa country
46. Kinks hit
51. "__ __ Baby" by The Ronettes
52. Ms. Thurman's
53. Betty's role on "Hot in Cleveland"
55. Some sashes
56. Ness Monster's place
57. Opera solo
58. Oversee
59. Work units
61. Prince Valiant's son

Friday's Crossword



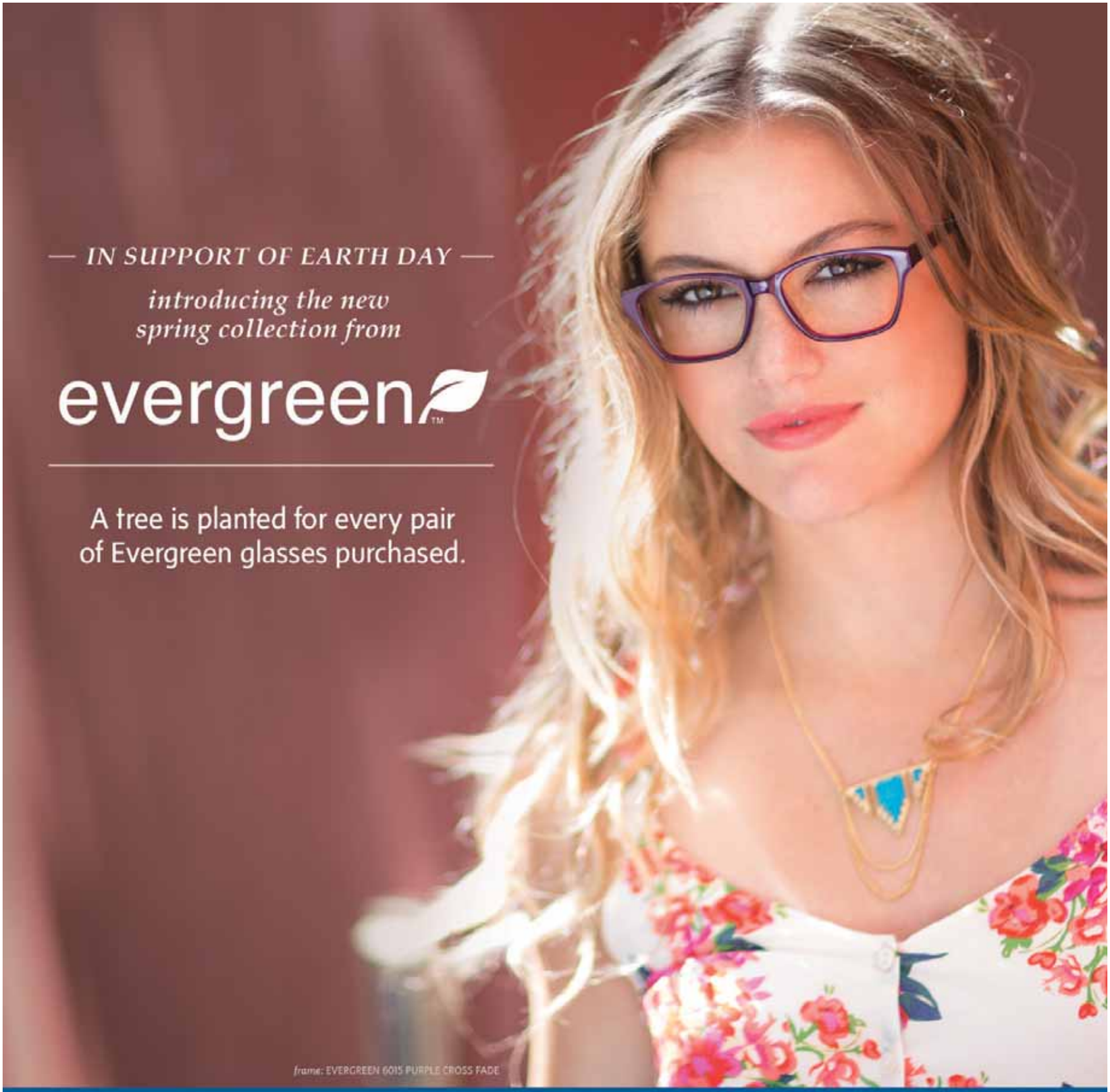
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	8					6		5
	2	3	5				8	9
6			9	2			1	
			3		9	4	7	
		8		4		1		
	4	2	7		6			
	3			7	2			1
2	1				3	8	5	
8		9					4	3

Friday's Sudoku

2	3	7	4	1	6	5	9	8
4	6	5	8	3	9	2	1	7
1	8	9	7	5	2	4	3	6
7	9	1	6	2	3	8	4	5
8	2	3	5	9	4	6	7	1
5	4	6	1	8	7	9	2	3
3	5	8	9	4	1	7	6	2
6	1	4	2	7	5	3	8	9
9	7	2	3	6	8	1	5	4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